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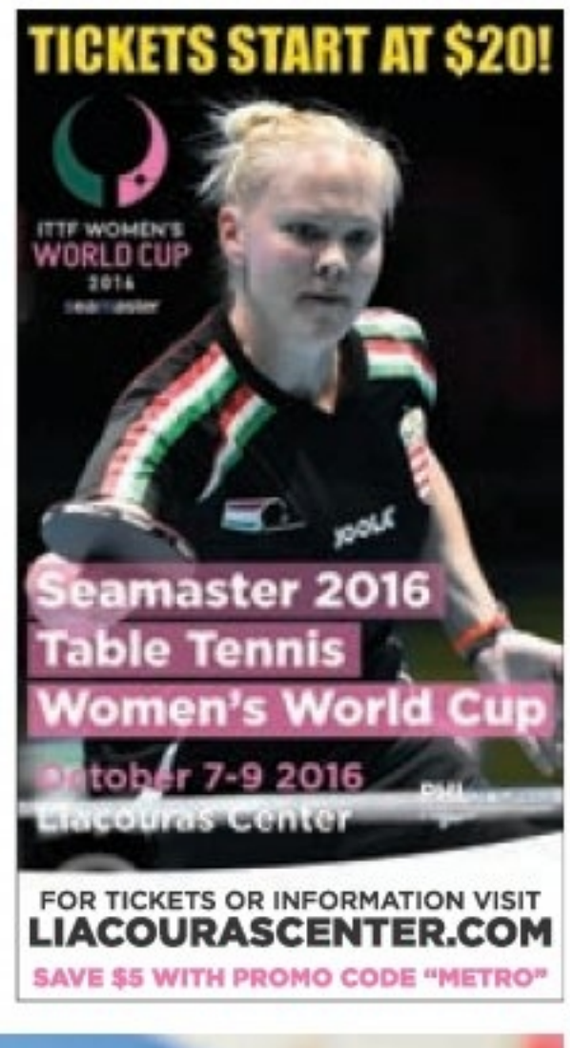
Tuesday, September 20, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

MEET THE BEATLES AGAIN

Journalist Larry Kane talks about his time with the Fab Four. 15

Bored with yoga? Try ax throwing. 17

Dawkins, McNabb: First-ballot Hall of Famers? 22



CAPTURED

Bombing suspect Rahami nabbed after shootout. 2

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3 things you need to know

PUTIN FIRMS CONTROL WITH BIG WIN FOR RUSSIA'S RULING PARTY

In Vladimir Putin cemented his supremacy over Russia's political system when his ruling United Russia party took three quarters of the seats in parliament in a weekend election, paving the way for him to run for a fourth term as president. Opposition activists and European observers questioned how free and fair the vote had been, however, although there were no immediate signs the result might spark street protests of the kind which erupted after the last such election in 2011. With most votes counted, United Russia, founded by Putin almost 16 years ago after he first became president, was on track on Monday to win 76 percent of the seats in Russia's Duma, the lower house of parliament, up from just over half in 2011. REUTERS

SYRIA DECLARES CEASE-FIRE OVER; US, RUSSIA SEEK EXTENSION

2 Syria's military declared a weeklong cease-fire over on Monday and vowed to continue fighting, even as officials from the United States and Russia met behind closed doors in Geneva to try to extend it. What is likely to be the final attempt by the U.S. administration of President Barack Obama to find a negotiated solution to the five year old civil war appeared close to collapse. Secretary of State John Kerry said it was too early to call the cease-fire finished, and the United Nations said that only Washington and Moscow could declare it over, as they were the ones who had originally agreed to it. But both the Syrian army and the rebels spoke openly of returning to the battlefield. REUTERS

FLA. DECLARES NEIGHBORHOOD ZIKA FREE; CDC REMAINS CAUTIOUS

3 U.S. health officials on Monday continued to advise pregnant women and their partners to consider postponing non-essential travel to Miami to avoid the risk of exposure to Zika, even as Florida Gov. Rick Scott declared the city's Wynwood neighborhood Zika-free and invited visitors to return. The U.S. Centers for Disease Control and Prevention said in a statement that the Wynwood neighborhood of Miami had been considered an area of active Zika virus transmission from June 15 to Sept. 18, 2016. It urged pregnant women who lived in or traveled to the neighborhood to consider getting tested for Zika. "We want to continue to emphasize to pregnant women that they still should consider postponing non-essential travel for all of Miami-Dade [County]. That is still in effect," said CDC spokesman Tom Skinner. REUTERS

METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. What action did the Philadelphia Fraternal Order of Police recently take?

2. How many MLB shortstops have at least 20 homers and 10 stolen bases this season?

3. When did The Beatles stop touring live?

Law inforcement officers secure the area where they arrested terror suspect Ahmad Khan Rahami following a shootout in Linden, New Jersey, on Monday. GETTY IMAGES

Terror suspect Rahami nabbed in under 40 hours from NYC attack

The gripping events unfolded in less than 40 hours.

AMANDA MIKELBERG
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Ahmad Kahn Rahami, the man suspected of carrying out a successful bombing in New York that injured 29 people, as well as planting multiple bombs around the city and New Jersey, could not evade a massive manhunt determined to uproot a terrorist.

Rahami is suspected of first striking in Seaside Park, New Jersey, where a trash can exploded at 9:30 a.m. Saturday, just before the start of a Marine Corps charity run. No injuries were reported, and the incident mostly flew under news radar.

Then at approximately 8:30 p.m. Saturday, a deafening explosion blasted apart a large dumpster on a bustling block of West 23rd Street between Sixth and Seventh avenues. Twenty-nine people were hospitalized for injuries from flying shards of glass and metal.

Mayor Bill de Blasio labeled the incident as an "intentional act" and initially said that authorities did not have reason to believe there were ties to foreign terrorism.

Shortly after the explosion, a second bomb was discovered a few blocks from the blast in the Chelsea neighborhood. A wired-up pressure cooker, with a cellphone attached as a detonator, was found in a plastic bag on the sidewalk. Surveillance footage released later showed two scavengers discovering a suitcase containing the bomb. They removed the bomb and set it down on the ground, and made off with the rollaway luggage.

Attention briefly turned to a Tumblr blog claiming responsibility for the act on behalf of the LGBTQ community. The blog was removed and proved to be a red herring as the NYPD, FBI, ATF and state police pursued other leads.

Fingerprints taken from the pressure cooker led police to a more plausible suspect: Rahami, 28, an Afghanistan-born New Jersey man who was living and working at the location of a family-owned fried chicken restaurant on Elmora Street in Elizabeth.

Surveillance video revealed clear images of Rahami at the site of the Chelsea bombing and a few blocks away where the pressure cooker was found.

Just before 9 p.m. on Sunday night, a packet of pipe bombs turned up 500 feet from the Elizabeth train station, which also was found by two scavengers searching in a trash can.

On Monday morning Notify NYC, a cellphone alert system, was activated for the first time with the message "WANTED: Ahmad Khan Rahami, 28-yr-old male. See media for pic. Call 9-1-1 if seen."

Following a cascade of details and widely circulated images of the suspect, a resident of Linden, New Jersey, alerted police that he recognized the man he saw on CNN, Rahami, sleeping in the vestibule of Murdie's Tavern.

Linden police closed in on Rahami just after 11 a.m. A bloody gunfight ensued as the suspect opened fire on the officers, injuring two, before he was hit and captured.

Video of the gunfight and images of Rahami being loaded into an ambulance went public within minutes of the skirmish.

Monday afternoon, after undergoing surgery at a Newark hospital for his wound, Rahami was charged with five counts of attempted murder and two gun charges. He currently awaits federal charges.

Suspected terrorist Ahmad Khan Rahami was taken into police custody after an exchange of gunfire Monday morning in Linden, New Jersey.

Metro has collected all the background information now known about Rahami:

- He was born in Afghanistan on Jan. 23, 1988.
- His last known address is in Elizabeth, New Jersey—where a backpack of pipe bombs was discovered on Sunday.
- Rahami's family operates a restaurant called First American Fried Chicken on Elmore Avenue in Elizabeth, and lives above the eatery.
- Last year, Rahami's father and brother sued the city of Elizabeth on grounds of ethnic discrimination because the city did not want them operating their restaurant 24 hours a day. A judge ruled in favor of the city, which required the restaurant to close at 10 p.m.
- Following the judge's ruling, Rahami's brother returned to Afghanistan.
- Rahami is said to have a passion for cars, especially those such as Honda Civics, which he souped up and raced, according to a neighbor.
- He was described as friendly, and would sometimes give free fried chicken to customers.
- He has reportedly made several trips to Afghanistan.

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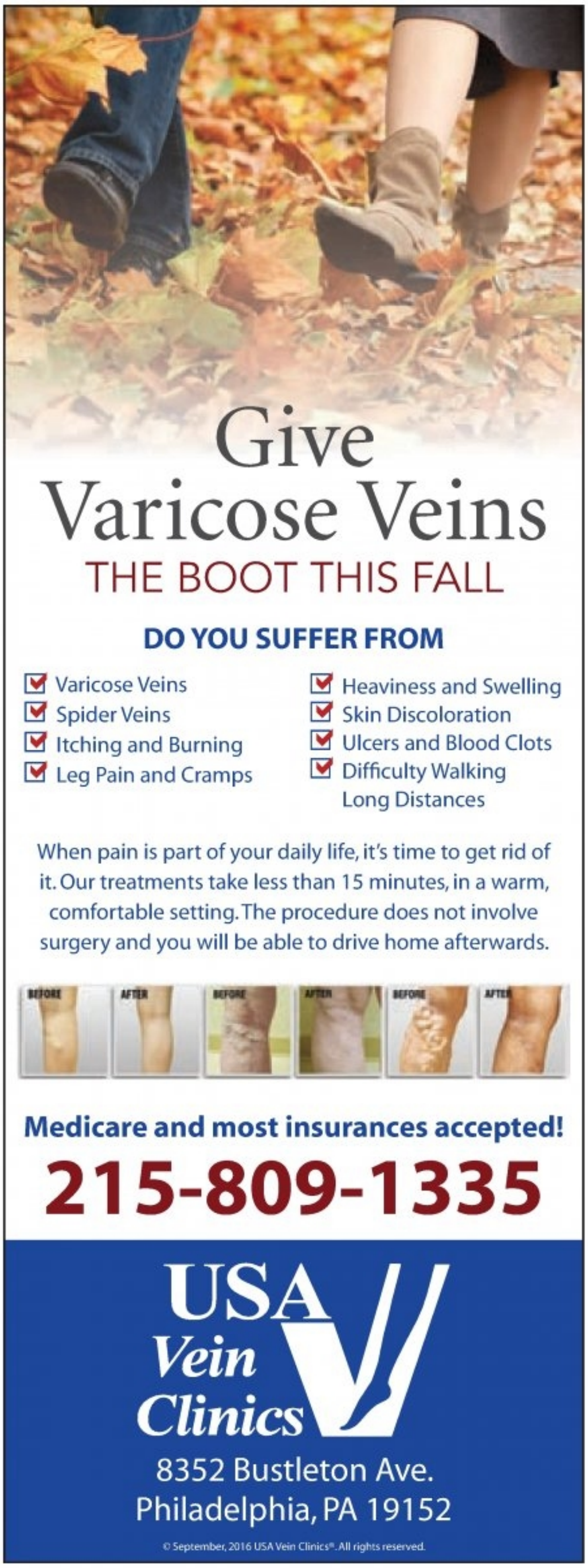
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Democratic presidential nominee former Secretary of State Hillary Clinton delivers a millennial speech at Temple University on Sept. 19, 2016, in Philadelphia. Hillary Clinton is campaigning in Pennsylvania. GETTY IMAGES

Clinton makes pitch to millennials at Temple University

Tightening polls indicate Pennsylvania has emerged as a key battleground state.

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Hillary Clinton took her campaign pitch to Philadelphia college students during a speech Monday at Temple University intended to increase her appeal among millennial voters.

Clinton, who has for decades been criticized as "cold," seemed like she was striving to present an appealing maternal side to the college audience at some points.

"More than any previous generation, you understand that all these various challenges are intersecting, and we must take them on together," she told the students. "No one will work harder to make your life better. I will never stop, no matter how hard it gets."

Clinton went on to promise to take a stab at helping students refinance their loans. She also vowed to support her former opponent Sen. Bernie Sanders' plan for tuition-free college for low-income residents.

In attacking Donald Trump, Clinton described him as "a Republican nominee who incites hatred and violence like no one else we've seen," under whom "hate speech [is] being normalized.

"Despite this, I remain convinced America's best days remain ahead of us," she said. "I will never be the showman my opponent is, and you know what, that's OK with me. To any voter who is still undecided, I ask you to give us both a fair hearing."

The Clinton campaign is stepping up efforts against Trump statewide as polls show an increasingly close race between Trump and Clinton for Pennsylvania's 20 electoral votes.

While polls shortly after the Democratic National Convention in Philly projected a 10-point lead for Clinton in the state, the most recent polls show that lead cut in half.

The campaign is hosting events aimed at military and veterans families around the state this week, including on Tuesday in Pittsburgh, and on Thursday and Saturday in Philadelphia.

Meanwhile, Trump is visiting Pittsburgh Thursday to speak to attendees at the national Shale Insight Conference and Chester Township later on that evening.

Clinton is getting some backup around the state from Katie McGinty's campaign to topple Republican U.S. Sen. Pat Toomey this fall. McGinty will campaign at the United Steelworkers Union Hall in Bethlehem on Tuesday.

Officer Andre Smith, right, takes a selfie with Donald Trump while he visited the Manchester Police Department in Manchester, New Hampshire on Feb. 4. The national FOP union has endorsed Trump's White House bid. BOSTON GLOBE VIA GETTY IMAGES

Philly FOP endorses Donald Trump

The city's union followed the lead of the nation's largest police union.

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Following in the steps of its national organization, the Philadelphia Fraternal Order of Police confirmed its support of Donald Trump for president.

The national union — the largest police union in the nation — announced the decision Friday in a statement, saying Trump is a "proven leader … unafraid to make tough choices and see them through." FOP Lodge No. 5 President John McNesby confirmed to several news outlets that the Philadelphia branch is bound by the decision of the national union to endorse the Republican candidate.

Trump met with FOP President Chuck Canterbury and other union officials in August to sway their support. The union had also expressed disappointment in opponent Hillary Clinton, viewing her refusal to fill out a questionnaire necessary to win the group's approval as a snub.

And earlier this summer, the Philly FOP sent a "blistering" letter to the Clinton camp for the Democratic National Convention lineup, which included the mothers of those killed by police, but not the families of slain police officers. Organizers later included former Philadelphia Police Chief Charles Ramsey; Wayne Walker, mother of slain PPD officer Moses Walker; and former New York City Police Department officer Joe Sweeney, who served on 9/11.

BRIEFS

Serial day care thief busted, police say

A thief who police say targeted day care centers around Philadelphia has been taken into custody, authorities said Monday.

Michael Harris, of the 300 block of East Ashdale Street, is charged with 14 burglaries in August and two in February, police said. All of the break-ins occurred at day care centers.

Michael Harris PPD

Harris allegedly ransacked the offices of the day cares and took cash or left empty-handed, police said.

Harris was identified as a suspect after footage from a surveillance camera showed him at the scene of an Aug. 12 burglary of Arch Day Care.

Diverse Little Minds day care was robbed three days later in a similar manner. The following day, on Aug. 16, Harris turned himself in to police.

Investigators didn't say why they had waited to announce the charges, or why Harris targeted day care centers.

SAM NEWHOUSE

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Jerri Williams PROVIDED

Former FBI agent readies for career in crime, sort of

Jerri Williams' debut novel, 'Pay to Play,' hits e-bookshelves Tuesday.

ALEXIS SACHDEV
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Now that crime-fighter turned communications whiz Jerri Williams is retired, she can finally pursue the career she always wanted. The ex-FBI agent and former SEPTA spokeswoman's debut novel, "Pay to Play," arrives on digital bookshelves today, and it's a project more than a decade in the making.

"Pay to Play" is based on the antics of a former city bureaucrat named Frank Antico, who was convicted in 1999 on charges accusing him of extorting money from strip clubs, check-cashing businesses, prostitution houses and nightclubs over a 13-year span.

The novel follows an FBI agent named Carrie who is investigating corruption in Philly's strip club industry, but is blackmailed after a one-night stand that threatens to destroy her career and marriage.

Williams says she took a lot of creative license with the story. As an FBI agent, she wasn't assigned to Antico's case, but had two friends at the bureau who were. Metro caught up with Williams on Monday to talk about her first novel and what's next.

What has the transition to novelist been like after working for the FBI? How much do you draw on your experience as an agent when you're writing?

JW: There's a lot of things in there that are very similar to my background, except for the promiscuous behavior, and the cheating and unfaithfulness. That is all from my imagination. But you don't have a story until something goes wrong, and so I had to look at this as, it's a female agent investigating corruption in the strip club industry; what could go wrong? I decided what would go wrong is that it triggered old behaviors that she had been able to suppress. I think it makes a fascinating story.

There's lots of profanity, there's sex and there's violence in it, but none of it is graphic or gratuitous. I'm still an FBI agent and very conservative, but that stuff had to be in the story.

I don't think anyone would expect a strip club setting to be family-friendly. What kind of audience are you trying to attract?

Anybody who loves crime fiction. It's a crime novel, as far as the investigation, and it's a crime novel as far as what Carrie has to deal with. I love crime fiction, that's what I read, and so I know what I like, and I tried to write the type of book that I would want to read. And I think I was successful.

If there's one thing you would like your readers to know about you as an author or about "Pay to Play," what would that be?

That this book shows the public, even though it's fiction and I do take creative license, but it shows the public how every agent, when doing an investigation, is going to be affected personally. On TV, whether it's an FBI agent or a police officer working the case, they work the case, something terrible happens, it's all resolved and they go on to the next case.

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Christie said to know of lane closings

Chris Christie has not been charged and has denied having knowledge of the alleged lane-closing scheme, which caused several days of gridlock and hurt local businesses.

Federal prosecutors opened their case on Monday against two former associates of New Jersey Gov. Chris Christie by saying he knew of their plan to snarl traffic at the George Washington Bridge to punish a mayor who would not support his re-election, according to media reports.

Bridget Anne Kelly, Christie's former deputy chief of staff, and Bill Baroni, former deputy executive director of the Port Authority of New York and New Jersey, are on trial for their roles in the September 2013 lane closures, which became known as "Bridgegate."

Prosecutors said Kelly and Baroni engineered the closures of the lanes, which lead to New York City, with the pretext they were needed for a traffic study. They said the real motive was to retaliate against Mark Sokolich, the Democratic mayor of Fort Lee, who would not back the re-election of Christie, a Republican.

According to the Newark Star-Ledger and other media, a federal prosecutor told jurors Baroni and former Port Authority official David Wildstein had "bragged" to Christie about the closures while they were underway, as they attended a Sept. 11 memorial service.

Wildstein has pleaded guilty and is expected to testify for the government. He has claimed there is evidence showing Christie was aware of the scheme.

Michael Baldassare, a lawyer for Baroni, said in his opening statement that Wildstein was "vindictive" and a "habitual liar," who Christie had referred to as his "fixer," and who should not be trusted.

"The evidence will show their case is David Wildstein," Baldassare told jurors. "The government made a deal with the devil and they're stuck with him."

"Bridgegate" came to light in January 2014, shortly after Christie had easily won re-election. But the scandal helped to erode his once-high approval ratings and was a factor in his unsuccessful run this year for the White House.

Michael Critchley, Kelly's lawyer, told jurors in his opening statement that his client was being made a scapegoat for the "Bridgegate" scandal.

"They're going to let no one, such as Bridget Kelly, or nothing, such as the truth, get in the way," he said.

New Jersey Gov. Chris Christie GETTY IMAGES

Prosecutors will likely introduce emails and text messages between Baroni, Kelly and Wildstein to show they arranged the closures.

Baroni and Kelly have pleaded not guilty to wire fraud, civil rights deprivation and conspiracy charges.

The trial before U.S. District Judge Susan Wigenton is scheduled to last approximately six weeks. REUTERS

BRIEF

Second N.Y. man charged in Sept. 11-timed robbery plot

A second New York man has been charged with participating in a plot to rob a store around the anniversary of the Sept. 11 attacks in which his accomplices planned to wear traditional Muslim attire and display a fake bomb.

Atthis Daugherty was arrested on Thursday and charged in a criminal complaint in federal court in Manhattan with conspiracy and attempted robbery, a spokeswoman for Manhattan U.S. Attorney Preet Bharara said.

His arrest came two days after authorities brought charges against Juneal Ali, 29, who they said planned to rob a check-cashing store in the Bronx borough on the 15th anniversary of the hijacked plane attacks on New York and Washington.

According to charging papers, Daugherty participated in a meeting to plan the robbery, in which Ali and another individual were to would drive to the store dressed in Muslim attire, display a fake bomb and force employees to give them cash.

While initially planned for Sept. 11, the robbery was postponed two days after the unnamed third accomplice reported too many people were around. REUTERS

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Charlotte not budging on ordinance that spurred NC bathroom law

The mayor of Charlotte, North Carolina, refused Monday to back off an ordinance that had aimed to expand anti-discrimination protections for gay and transgender people in the state's largest city but also sparked a controversial state law.

The Republican leaders of North Carolina's legislature said in a statement late Sunday they believed their colleagues would support repealing the law that voided the city ordinance — if Charlotte made the first move.

North Carolina's Republican governor and lawmakers blame Charlotte for spurring the state measure, which has drawn rebuke from major companies and sports organizations since it was passed in March.

The state law, known as House Bill 2, requires transgender people to use publicly owned bathrooms that correspond with the gender on their birth certificate and bars local ordinances protecting lesbian, gay, bisexual and transgender people from discrimination.

Transgender bathroom GETTY IMAGES

A spokesman for Gov. Pat McCrory told local media last week McCrory would call a special session for legislators to consider a repeal of H.B. 2 if Charlotte rescinded its ordinance.

But Charlotte Mayor Jennifer Roberts, a Democrat, said the city had no plans to reconsider the ordinance at a council meeting Monday night.

"We appreciate the state wanting to find a solution to the challenges we are facing and applaud the governor for recognizing the state should overturn H.B. 2, which the state can do at any time without any action from the City of Charlotte," Roberts said in a statement.

Calls for a repeal of the state law mounted last week after the National Collegiate Athletic Association (NCAA) and Atlantic Coast Conference (ACC) pulled a total of 17 championship sporting events from North Carolina in protest of it. REUTERS

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*Eiji Yamashita et al., "The effects of a dietary supplement containing astaxanthin on skin condition"; Carotenoid Science, Vol 10 (2006).

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Easy resolution unlikely for contentious Dakota pipeline

A potential rerouting of a long-anticipated pipeline at the center of a protest in North Dakota would be a laborious and costly task, possibly delaying a startup by months and provoking further opposition from Native American and environmental groups who were instrumental in halting construction.

The 1,172-mile Dakota Access pipeline was slated to start up by the end of the year, transporting more than 470,000 barrels per day of crude oil through four states into Illinois before it hooks up to another pipeline down to Texas.

But in a stunning twist last week, the U.S. Justice Department and other federal agencies intervened to delay construction in what industry and labor representatives called an "unprecedented" move.

The halt on the $3.7 billion project was the result of a groundswell of protest from Native American tribes and environmentalists, some of whom now are vowing to continue the fight until the project is permanently suspended.

While there are a few options for rerouting the line, most still cross either culturally important lands to Native Americans or large waterways. The more extensive a reroute, the more likely that regulatory obstacles crop up.

"We're entering unchartered waters if a reroute happens at this stage and I can't think of another example of a case where this has happened," said Afolabi Ogunnaike, a senior analyst at consultancy Wood Mackenzie. "Should a reroute take place, there are some major challenges."

Activists gather in front of the White House during a rally against the Dakota Access pipeline Sept. 13 in Washington, D.C. GETTY IMAGES

North Dakota's governor, Jack Dalrymple, told Reuters on Friday that he hoped regulators would give the go-ahead for construction to resume shortly. If that does not happen, an alternative solution does not appear to be easy to come by.

Energy Transfer Partners, the company constructing the line, declined to comment. It had said it is committed to completing the project.

The protest is concentrated in Cannon Ball, North Dakota, near Lake Oahe, a large and culturally important reservoir located on the Missouri River in central southern North Dakota, where the line was supposed to cross.

The Army Corps of Engineers now needs to decide whether it correctly followed the National Environmental Policy Act and other federal laws. If they did not, the permit process may need to be restarted, which could take at least 120 days. It is unclear when the NEPA review will be finished.

REUTERS

BRIEF

Family's attorneys: Teen killed by Columbus, Ohio, police was shot while fleeing

A forensic report released on Monday by attorneys representing the family of a 13-year old African-American boy fatally shot by a white Columbus, Ohio, police officer last week said the teenager was shot three times while running away.

Francisco Diaz, a Michigan medical examiner hired by the family's attorneys, on Sunday examined the body of Tyre King. According to the Columbus Police Department, he was shot multiple times after he appeared to pull a handgun from his waistband during an encounter with police after a report of an armed robbery.

It was later determined the gun in question was an air pistol that fires BBs — small, metal pellets, not bullets. Columbus Mayor Andrew Ginther previously said the BB gun looks "almost identical" to the 9-millimeter Glock semiautomatic handguns carried by city police.

"Based on the location and the direction of the wound paths, it is more likely than not that Tyre King was in the process of running away from the shooter or shooters when he suffered all three gunshot wounds," Diaz said, according to a statement from attorneys Sean Walton and Chanda Brown.

City officials referred calls to the Franklin County Coroner's Office, which said it had not provided any information to Diaz and a determination on the cause and manner of King's death was pending.

Attorneys for King's family said the coroner's office has completed the autopsy and told the family the results will not be available for six to eight weeks. The family has called for an independent investigation of the shooting.

Diaz described King as a "small-framed adolescent boy," who was 5-feet tall and weighed less than 100 pounds. He found the boy "suffered three gunshot wounds with entrance paths on the left side of his body, any of which could be determined to have been the cause of death," the attorneys said.

On Saturday, Columbus police arrested Demetrius Emanuel Lee Braxton, 19, in connection with the reported robbery preceding King's shooting. Braxton was charged with one count of robbery.

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Samsung says China phone fire caused by external heat

Samsung Electronics Co Ltd said on Monday a Galaxy Note 7 phone a Chinese user claimed caught on fire was damaged by external heating, seeking to assure customers in the world's top smartphone market the devices being sold there are safe.

The incident comes amid a recall of the Note 7 phones across the globe including South Korea and the United States due to faulty batteries causing the devices to catch fire while charging or in normal use. Samsung has said it has sold 2.5 million phones equipped with the suspect batteries.

Late on Sunday, Chinese online financial magazine Caixin cited an internet user's report that their Note 7 phone, bought from JD.com Inc, had caught fire in what appeared to be the first report in China of a fire involving the handset.

Galaxy Note 7 GETTY IMAGES

Samsung said in a statement on its China website its investigation of the phone shows "the damage to this product was caused by external heating," without elaborating.

Battery maker Amperex Technology Limited said separately on Monday one of its batteries was in the Note 7 phone in question, but added its joint investigation with Samsung determined the incident was not directly linked to a battery made by the China-based firm.

"According to the burn marks on the sample, we surmise that the source of the heating comes from outside the battery, and it's very likely that there was an external factor causing the heating problem," the battery maker said in a statement.

A person familiar with the matter told Reuters the phone was damaged by an external heat source, possibly an induction oven or a fan heater. The person was not authorized to speak publicly on the matter and so declined to be identified. REUTERS

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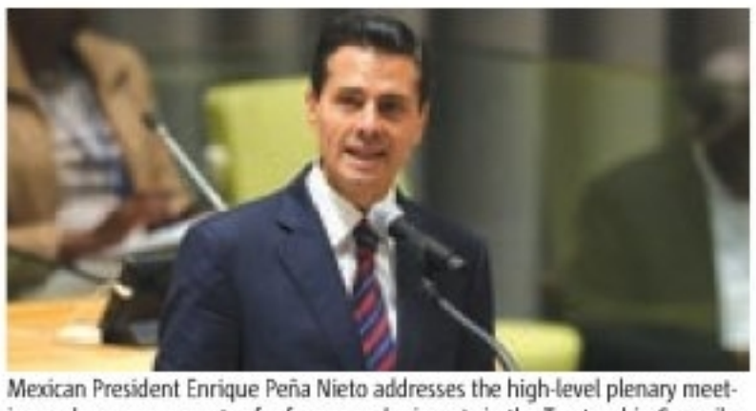
Mexican president: No barriers can stop immigration

Peña Nieto took a public opinion shellacking for hosting Republican Party candidate Donald Trump on Aug. 31 because Trump has repeatedly vowed to build a border wall to keep out illegal immigrants and said Mexico would pay for it.



Mexican President Enrique Peña Nieto addresses the high-level plenary meeting on large movements of refugees and migrants in the Trusteeship Council Chamber during the 71st session of the United Nations in New York City on Monday. GETTY IMAGES

Efforts to stop immigration and the mix of cultures are bound to fail, Mexico's President Enrique Peña Nieto told a United Nations summit on migrants and refugees on Monday, as his country's northern border has become an issue in the U.S. presidential election campaign.

"History shows that there are no barriers that can stop either the movement of people or the fusion of cultures," Peña Nieto said in his address to the summit ahead of the U.N. General Assembly.

"Neither natural nor artificial barriers hold sway. For every river there has always been a bridge. For every obstacle there has always been a way forward. Movement is an essential part of human existence," he said.

Trump has infuriated Mexicans with a series of broadsides against the United States' southern neighbor.

"We are a proudly mestizo, multicultural and diverse nation," Peña Nieto said, referring to Mexicans of mixed descent.

"We Mexicans firmly believe that this mestizo fusion is the future and destiny of human kind."

Hillary Clinton, the Democratic Party candidate in the Nov. 8 election, has accused Trump of embracing a brand of U.S. political conservatism associated with white nationalism and nativism.

She has linked Trump's statements about immigration and religion to the rise of a political fringe movement in the U.S. known as the "alternative right," which opposes multiculturalism and immigration.

REUTERS

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(But, remember, he wasn't always an old ugly man - once, he was just ugly)

US Air Force names new B-21 bomber 'Raider'

Northrop Grumman Corp.'s B-21 long-range bomber will be called "Raider," U.S. Air Force Secretary Deborah James said on Monday.

The estimated $80 billion program has been shrouded in secrecy since its inception for fear of revealing military secrets to potential enemies.

The bomber was named after the Doolittle raiders, who early in World War II carried out bombing missions over Japan, James said while speaking at a conference.

Northrop won a contract in October 2015 to develop and build 100 of the new bombers.

The stealth B-21, the first new U.S. bomber of the 21st century, is part of an effort to replace the Air Force's aging B-52 and B-1 bombers, though it is not slated to be ready for combat use before 2025.

An artist's rendering of a new B-21 bomber. U.S. AIR FORCE HANDOUT

Earlier this year, James unveiled the first image of the bomber and announced a contest to decide on a name.

James and Air Force Chief of Staff David Goldfein chose the name after a panel narrowed down more than 2,000 submissions, an Air Force statement said.

Sixteen bombers under the command of American aviator Lt. Col. James "Jimmy" Doolittle bombed Tokyo and other places in Japan on April 18, 1942, when American spirits were at a low point, just four months after Japanese forces attacked Pearl Harbor in Hawaii.

To boost public morale, President Franklin Roosevelt asked the armed forces to respond to Pearl Harbor, and Doolittle, already retired, returned to active duty and the plan for the raid was hatched.

Over the years, the legend of their mission — the first U.S. raid to strike the Japanese home islands — has grown, spawning books and a movie and recognized by military and history buffs.

REUTERS

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Worst dressed at the 2016 Emmy Awards

This Versace gown isn't bad, it's just a little blah for the vivacious Sofia Vergara.

Maybe a sleek up do would have helped Kelly Preston look less "country-fair."

Pamella Roland's green beaded gown is a little too "mother of the bride" for spunky Amy Poehler.

There's just too much going on with Heidi Klum's shimmering cut out, high-slit Michael Kors gown.

Designer Christian Siriano knew there would be backlash for Anna Chlumsky's custom shift dress with cascading cape. "We all knew it was going to be something fun and different and not everybody would get it," he said. "And that's OK."

Claire Danes' gold Schiaparelli gown is gorg, but her orange spray tan is killing us.

ALL PHOTOS GETTY IMAGES

Anthony Bourdain and wife of nine years call it quits

ALL PHOTOS GETTY IMAGES

World-renowned chef, bestselling author and star of "Parts Unknown" Anthony Bourdain and his wife of nine years, Ottavia Busia, have split. Lucky for Bourdain, the breakup was amicable — we would not want to mess with Busia, an MMA fighter, aka, certifiable bad-ass.

In a statement to Page Six, Busia said Bourdain's "Parts Unknown" work schedule, which has him traveling all over the world to film his culinary adventures, strained the relationship.

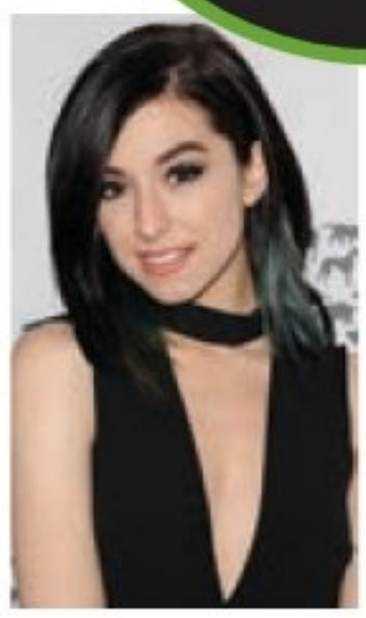
"Because of professional decisions we have both made, my husband and I have been for years in an unconventional relationship. Nothing has changed. We love each other."

Hmm, is this is another instance of celebrity conscious uncoupling?

The couple married in 2007 and have a 9-year-old daughter. Bourdain has not commented on the split.

the word

Fans upset by Christina Grimmie's absence from Emmy memorial



Intended to honor those in the entertainment industry gone too soon, this year's Emmys "In Memoriam" segment, instead, ignited a wave of fury. While photos of Natalie Cole, David Bowie and Prince beamed across the big screen amid Tori Kelly's rendition of "Hallelujah," fans of the late musician Christina Grimmie grew upset as "The Voice" star wasn't included in the reel. The 22-year-old was killed by a deranged fan outside a concert in June.

"The Voice" collected its trophy for Best Reality Competition Show, further upsetting the star's fans, who later turned to Twitter to unleash their disapproval.

"Considering the number of other singers in the #Emmys in memoriam...where was Christina Grimmie?" one fan wrote, while another commented, "So the #Emmys left Christina Grimmie out of the 'In Memoriam' segment yet The Voice just won an Emmy tonight. Something ain't right here."

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He knew when they were Fab

Longtime reporter Larry Kane talks about his time on tour with the Beatles.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Larry Kane GETTY IMAGES

Larry Kane may not be a contender for the "fifth Beatle," but he's a mighty figure in Fab Four lore all the same. The longtime reporter and news anchor — currently the host of "Voice of Reason" on Comcast out of Philadelphia — has the distinction of being the only broadcast journalist John, Paul, George and Ringo allowed to travel with them on every stop of their tours in 1964 and 1965. Kane is among the most prominent talking heads in "The Beatles: Eight Days a Week — The Touring Years," a documentary by Ron Howard that, true to its title, only covers the period of their hectic live schedule — a period so hectic indeed that, in 1966, they called a stop to touring entirely.

How did you get The Beatles to trust you?

Very easily. Most of the other reporters, the adult reporters really despised them. They would ask them questions like, "What do you eat for breakfast? Did you shower today? Do you wash your hair? Is your hair real? What kind of hemline do you like on a woman?" I basically asked them questions about what happened in the concert, about the reactions of the fans, about the war in Vietnam, about racial discrimination. I knew right away that they were intellectually curious. By asking them these questions and getting involved in a deep sense, I was able to show the world that they had tremendous intellectual curiosity. They liked that. One time I asked them if they had teenage daughters would they allow them to come to the concerts. And each of them said, "Absolutely not, it'd be too dangerous."

It's interesting to contrast what you see of them here with "A Hard Day's Night," which is a more heightened and fictionalized version of them.

I saw that movie for the first time with them, at the Shelburne Hotel in Atlantic City. Somebody brought up a bunch of cheesesteaks and popcorn, and they had a guy come up with a big 35mm camera and showed the movie on a screen. I was able to talk to them. They were very uncomfortable looking at themselves.

This movie shows how draining and relentless their touring schedule was. You can see why they'd want to stop it entirely and retire to the studio. Did you get a sense of how they were able to earmark bits of time in the early days to actually write their songs?

I was on the plane when they were writing "Eight Days a Week." They had a tape recorder in the back, and they were playing the beginning of the song. I told them I thought the beginning was a little too slow. Now, I know as much about music as an electrician knows about brain surgery. But that was just my opinion. If they took my advice, then it really should be Lennon-McCartney-Kane on that song.

You stayed in touch with them after they broke up, too.

In the 1960s or 1970s — or maybe into the early part of the 1980s, too — they did not know they were going to become the iconic band they are today. They just didn't know. I had a conversation with John in 1978 and I said, "What music are you listening to these days?" And he said, "The Beatles." He said, "I collect a lot of Beatles material, because I think they were a good band. I think our music was much better than I thought it was." It was interesting to hear him say that. Paul and I had a long conversation last night. He said something along the lines of "We all thought we could do better."

Ringo, George, Paul and John, seen chilling in a hotel in Sweden circa 1963, get a new documentary, "The Beatles: Eight Days a Week — The Touring Years," now in theaters. APPLE CORPS LTD.

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How to make a 'Blair Witch' for 2016

The makers of the belated sequel to the found-footage classic talk about bringing it into the now.

MATT PRIGGE
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Callie Hernandez plays one of six people who head deep into the woods for the sequel "Blair Witch." CHRIS HELCERMANAS-BENGE

It's no easy task crafting a belated sequel to "The Blair Witch Project," the mother of all found-footage horror movies. But, according to the makers of the new "Blair Witch," it's not easy crafting any found-footage film. Director Adam Wingard and writer Simon Barrett have done found footage before, in their shorts for the "V/H/S" omnibus series. Since then they've collaborated on a horror-comedy ("You're Next") and a highly stylized thriller that's also funny ("The Guest"). Returning to the genre, and making a film that both respects the original and tries to be its own thing, was a challenge they were up for.

Simon, tell me about the art of writing a found-footage film, which needs to feel real and raw but also needs a structure. How specific would you be in your writing?

Simon Barrett: The way they made the first film feel like authentic found footage is they more or less had the actors go into the woods and improvise all their dialogue. Adam and I knew from the start that we wanted to do a much more technical, fast-paced thrill ride of a film. We didn't want to imitate what the first one does, because the first one does it perfectly. Our challenge was about being respectful to the first film's legacy while expanding upon its mythology. I was trying to write dialogue that had a natural quality to it. The actors were encouraged to improvise, but usually it was based on something that was written.

What tricks did you use to keep the actors looking believably scared?

Adam Wingard: In a movie like this, it's less about showing you scary things than showing people being scared. What I think is the climax of pure terror is the scene where [actress] Callie Hernandez climbs through the tunnel. For that sequence to work you have to build a reality with the actors. So we built this 60-foot-long tunnel that was measured just barely to fit past her shoulder length. Her claustrophobia is real.

Simon Barrett and Adam Wingard GETTY IMAGES

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Ax throwing, you say?

Philadelphians have a new way to let off some steam.

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Yoga not doing it for you? Why not try ax throwing to relieve some stress? ALBERT LEE

When your business card reads "Axe Master General," people take notice. After all, when you serve as the general manager for Philadelphia's newest leisure activity, ax throwing, first impressions really are everything.

Yes, you read that correctly. Competitive ax throwing is now a thing in the City of Brotherly Love. Open exactly one week ago in the area's Kensington section, Urban Axes Philadelphia is 8,000 square feet of pure testosterone.

"What could be better than throwing axes, drinking beers and hooting and hollering?" says David Wilson of New Jersey who brought a bachelor party to opening weekend.

Let's explore this more deeply, shall we?

The owners of Urban Axes Philly discovered the sport of ax throwing from our neighbors up north and thought, why not Philadelphia?

Here's the hard and fast.

Every person who visits has to be at least 21 years of age (sorry, kids) and fill out a waiver before engaging in any ax throwing. Then there are the rules: 1) Obey your coaches — better known as "axperts"; 2) Wear closed-toe shoes; 3) Don't get your ax until both axes are thrown; 4) After your turn, place ax on the block; 5.) Don't be a d—!

Players can choose to throw at their leisure or compete in matches: three rounds with five throws in each round with the winner chosen from best out of 3. The point system is broken down as follows: bull's-eye: five points; red ring: three points; blue ring: one point; green circles, also known as the clutch: seven points. The throwing axes weigh 1.5 pounds but do get heavier if there's a need to decide a tie-breaker. That particular ax comes at a whopping 6 pounds.

Interested parties can join in on the fun by either being a member of an eight-week league, hold a group event or wait for available walk-in hours. It's BYO for wine, beer and food. The response has been overwhelming, says Lily Cope, the "axe master general" who heard about this opportunity from a chef during her time in the restaurant industry and thought it must be a typo/autocorrect. "Ax throwing, you say?" She now says "it's the best gig I've ever had in my entire life."

The public couldn't agree more. "I wanted to do something that hasn't been done before for my 40th birthday," says Stefan Jakowenko from Broomall. "This is awesome."

And if you really needed another reason to indulge in an afternoon of drinking beers and throwing axes, Alison Adamski of Fishtown says. "It's a great core workout." Simply perfect.

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Artist rendering of the soon to open Revolutions. PROVIDED

When Revolutions Bowling, Bar & Grille pops its cork between this weekend and next as part of the Penn Treaty complex that holds Live Nation's Fillmore and the Punchline comedy club, the new hot spot will offer more than eating, drinking and knocking down pins. Its ownership, Frank Entertainment Cos., has been around for 110 years and got its start in Philadelphia, first building movie theaters for silent films before going into the arcade and gaming biz. Before moving their headquarters to Florida, CEO Bruce Frank and CFO Rob Reynolds were Philly/Jersey guys. We chat about the history of their business in Philly and what inspired them to launch Revolutions.

Your family had several of the first movie theaters on Market Street in Philly. They also expanded into bowling and arcade games. How was that for you as a kid? And were you much of a bowler?

We lived back-and-forth between Philly's Rittenhouse area and the Jersey Shore. I did [bowling] a lot then, I was even in a league. I was OK. If I broke 100, it was a good day. Verona Lanes was where I bowled in Margate. Atlantic City had Boardwalk Bowl. My grandfather owned the Surf Theater Building — the largest arcade down the shore. I used to live at that place. He brought in one of the first indoor carousels in the country — so tall that he had to take

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(bowling) Revolution

the roof off the place and heightened it by building a glass dome. That had to have been one of the first skylights around.

You stayed in the movie theater business here and in Jersey — what's rough about maintaining that biz with the advent of home theaters and peoples stealing films from the internet?

No challenge, really. If people wanted to stay home, TV diners would be more popular. People want to be out and socialize; interact with bigger screens, be in places they can recline and relax, have a meal or a beer while they watch a film on large-scale, state-of-the-art equipment. I know people like to say they can watch James Cameron's newest film on a 100-inch screen. We have 100-foot screens — this is how blockbusters were meant to be seen. We're looking to build an all-recliner, dine-in cinema here coming at the top of the year.

So what makes bowling and nightclubbing a good combination?

It's a real family place, first off, ages 5, 15, 50 can dine, play or watch games, listen to music — recreate all under one roof. Whatever it is that you want to do to be entertained, you can probably do it here. We're providing interactive activity — family activity — yet, you can have all the excitement of being in a nightclub. Honestly, I think this is the modern-day family nightclub where adults can dance and drink while the kids play games.

Along with bowling, you're offering a flair bar with bartenders flipping glasses — what attracted you to that?

People who remember the Tom Cruise film "Cocktail" will recall that, but that happens to be huge in Vegas now. It's practically an Olympic sport. We were at Harrah's in Vegas — the Carousel bar — watching the reaction of the crowd. People were screaming, filming it, putting it up on YouTube. People flip out for it — no pun intended.

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MAKE HEALTHY YOUR NEW HAPPY

Quick tips for self-care and stress relief as summer turns to fall.

KATE MOONEY
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Whether you're headed back to school or just a more intense work schedule (R.I.P. summer Fridays), the summer-to-fall transition can be a rude awakening. For many, the change in the seasons not only ushers in shorter days and colder temperatures, but also extra responsibilities. It's easy to feel relaxed when you're lounging on the beach or sipping a bloody mary on a sunny afternoon, but managing stress on a 12-hour work day is another story.

Because taking care of basic health needs like getting enough sleep and exercising can be overwhelming for busy rat racers, we reached out to Anna Goldstein, a business and life coach based in NYC, and Isaac Alston, founder of Paradigm Life Coaching in Philadelphia, who both have plenty of tips on how to take care of yourself when you're pressed for time and overloaded with stress.

Take a breather

While you might not have time for a daily 90 minute yoga class, there are small steps you can take to recenter yourself when you start to feel your stress levels rising. Goldstein recommends taking a deep breath through your nose and exhaling through your mouth about three times an hour.

She also suggests apps such as Headspace, which offers brief guided meditations — all you need is five uninterrupted minutes and a pair of headphones. The Five Minute Journal app gives you prompts to express what you're grateful for — which can inspire a positive outlook for the rest of the day.

During times of high stress, Alston recommends taking a five minute break of what he calls guided imagery, where you picture yourself achieving a goal. "Set your goal, imagine fully the experience, take a breath and dive in," he says. "Indulge in your own world in that moment, then thank yourself for the experience and promise yourself that you'll be back." When you return to the present moment, you'll feel more positive and energized.

Workout at your desk

Getting to the gym can be a whole thing. When you're stuck at the office, here are a few ways you can stretch out and burn some calories.

"Sit on a stability ball instead of a regular chair. You'll need to actively engage your core to remain balanced and keep from falling off," Goldstein says. And because we all know slumping over a computer is a prescription for back pain, working on your posture is a must. Pulling your naval towards your spine will both engage your core and straighten your back.

For a dual stress release and strengthening exercise, Alston recommends taking a stress ball, or any sturdy object on hand and squeezing it while focusing on "all the confusing, and particularly stressful things that are happening in your life." It will help you let go of pent-up frustrations.

Don't forget to move your legs. You can always take the stairs instead of the elevator, Goldstein says, or walk a couple quick laps around the building.

Get some rest

We all ideally would like to get eight hours of sleep. With so much to get done and so much on our minds, it can be a real effort to turn off our brains and really commit to rest mode.

"Dim the lights and prepare your body for sleep an hour before bedtime," Goldstein says. She recommends lighting a candle to create a sense of calm or filling an aromatherapy diffuser with lavender essential oil, which she says can function as an anti-anxiety measure.

Journaling before bed can also help rid the mind of racing thoughts.

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Think twice before you scoop up that spilled ice cream. ISTOCK

The 'five-second rule' is just a myth

Bacteria can contaminate dropped food in under one second.

DMITRY BELYAEV
Metro World News
letters@metro.us

It's long been claimed that eating food off the floor is fine as long as you pick it up and eat it in under five seconds.

But the so-called five second rule has come under scrutiny from researchers at Rutgers University, who found it can take as little as one second for food to become contaminated, depending on the surface it lands on.

Scientists tested the contamination time of watermelon, bread and butter, plain bread and gummy candy when they fell on stainless steel, ceramic tile, wood and carpet. The surfaces were coated with Enterobacter aerogenes, a microorganism similar to salmonella.

After testing each combination of food, surface and exposure 20 times, experts came to the conclusion that the wetness of the food and topography of the surface play a significant role in how quickly bacteria can transfer from the floor to food.

"One of the most interesting results is that there is a high cross-contamination from any surface to watermelon [wet food]. It picks up bacteria in less than one second," said lead author Donald Schaffner.

"We have advanced the science of cross-contamination and made people aware that the 'five-second rule' is not true," Schaffner added. "Hopefully people will make better decisions about eating foods that have fallen on the floor."

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Eagles greats Dawkins, McNabb may have to wait for Hall of Fame

Brian Dawkins will in all likelihood wind up in Canton some day — but is he a first-ballot Hall of Famer? GETTY IMAGES

A stacked list of nominees could force deserving Eagles players to wait a bit.

LUKE MILLER
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On Wednesday, the Pro Football Hall of Fame announced its initial list of 94 players nominated for induction in 2017. Among candidates nominated for the first time were Brian Dawkins and Donovan McNabb. They join a host of former Eagles waiting for their chance at enshrinement, and some have been at it a lot longer than others.

Both Dawkins and McNabb may have a tough time making the final cut this year. The list will be trimmed from 94 players to 25, then to 15 finalists, before no more than eight players are selected for enshrinement. They'll face stiff competition from other first-time nominations like Ladainian Tomlinson, Hines Ward, and Jason Taylor, as well as finalists from last year, including Kurt Warner, Terrell Davis, and another former Eagle: Terrell Owens.

Dawkins has the superior claim and, even if denied in 2017, should certainly find his way to the Hall eventually. Dawkins, Troy Polamalu, and Ed Reed were the dominant safeties of the 2000s. He was selected to the Pro Bowl nine times, seven as an Eagle. He had 37 career interceptions, 26 sacks, 36 forced fumbles and created at least one turnover in each of his 16 years in the league.

In 2002 Dawkins had one of the most memorable individual performances in team history against the Texans. He caught the only pass of his career, a shovel pass from Brian Mitchell (also a Hall of Fame nominee) on a fake punt, and took it 57 yards for a touchdown. He wasn't finished. By the end of the game, Dawkins was the only player in NFL history to have a touchdown reception, sack, interception, and fumble recovery in the same game.

McNabb had a much more tempestuous relationship with Philadelphia fans than Dawkins, despite leading the Eagles through the most prolonged period of success in team history. Taken in Andy Reid's first draft with the second overall pick, McNabb went on to throw for 234 touchdowns, 37,276 yards, and was named to six Pro Bowls, including five straight from 2000 through 2004.

During the last four of those seasons, the Eagles would win four straight division titles, and make four straight NFC championship games and one Super Bowl. The relationship between McNabb and Owens dissolved during 2005, and the team's success dipped as McNabb missed 13 games over the next three seasons.

While McNabb is undoubtedly the most successful Eagles quarterback since Norm Van Brocklin, his stature against league peers is less certain. His career extended into the era when passing numbers exploded across the NFL, yet he never threw for 4,000 yards and notched 30 touchdowns just once. His career completion percentage is below 60.

For comparison, Warner hit those marks in each of the three seasons he started 16 games, and had a completion mark of 65.5 percent. Even Randall Cunningham, an Eagles quarterback from another era and one for whom passes often took a backseat to highlight reel runs, reached the 30 touchdown mark twice in his career. Cunningham is also among the 94 nominees.

Other former Eagles on the list include Seth Joyner, Eric Allen, Sean Landeta, Ricky Watters, and Dick Vermeil. Joyner and Allen were stars on the much vaunted defense of the late Buddy Ryan, and are both candidates extremely deserving of selection. If selected, Landeta would be the second punter to enter the Hall. Brian Westbrook, nominated for the first time last year, was not among the 2017 nominees.

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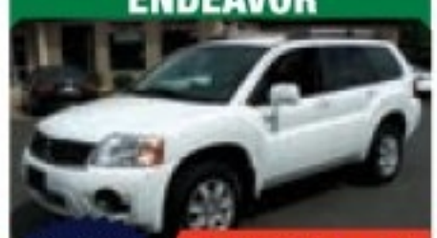
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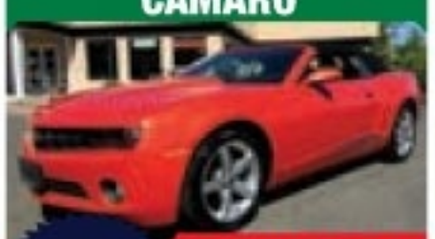
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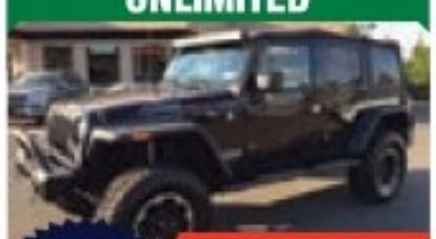
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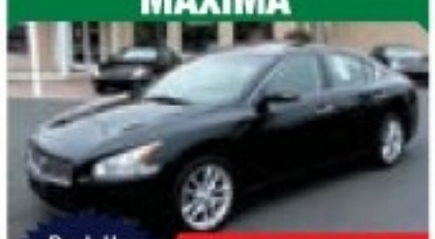
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Freddy Galvis has some pop in his bat, but still lacks a necessary tool for a shortstop — hitting for average. GETTY IMAGES

Galvis makes things hard for Phillies' front office

Who will start at shortstop for Philadelphia next season?

EVAN MACY
@evan_macy
evan.macy@metro.us

Freddy Galvis, way back when the city was busy preparing for a red October this time of year, was supposed to be Jimmy Rollins' heir apparent.

But the team fell off — and Galvis played average baseball.

Now, with all eyes on top prospect J.P. Crawford, most see Galvis as a stopgap until the next era begins in Citizens Bank Park.

But after the smooth fielding shortstop blasted his 20th home run Sunday in a loss against the Marlins, the 26-year-old Galvis became just the second shortstop in MLB to have 20 dingers and 10 stolen bases (the other is Xander Bogaerts) and the eighth to hit 20 homers overall. It's the most 20-HR shortstops in MLB history.

"I was just [trying] to get my swing back before the season was done, try to go into the offseason with a plan and try to feel good about my swing," Galvis said. "I've finally found a good swing, a good approach and I'm going to try to keep doing it."

It's a golden age for shortstops, and the Phillies will have some tough decisions to make with Galvis in coming seasons. They have to have a staple at short if they want to contend.

"I think Freddy's defense has taken maybe not a step but several steps forward this year," Phillies GM Matt Klentak said via CSNPhilly.com. "He's one of the most reliable, dependable shortstops in the league, and we see it every night. It seems like every night he makes a play that certainly saves a base runner if not a run."

Crawford has more or less underachieved during his age 21 season in Triple-A Lehigh Valley, hitting just .244 with four homers and 30 RBIs. But Galvis is hitting below .240 himself despite the excess in power and excellent defense.

Both will need to show they can hit for average next season, which will surely be a key milestone for the Phillies as they search for the future tenants of everyday position roles for the next contending squad.

Home stretch time for Phils

The Phillies have just 12 games left and five at home this season.

Ryan Howard's unofficial farewell (if he is healthy and starts) will continue with a pair of games at home against the White Sox Tuesday and Wednesday.

Pitching matchups come to the forefront against Chicago, with prospect Jake Thompson opposing James Shields in the opener, and then Jared Eickhoff opposite Chris Sale in Game 2.

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Top dollar paid in CASH!
Free pickup!
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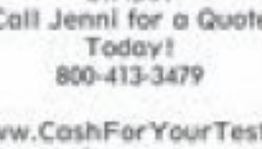

WE BUY CARS & TRUCKS (any condition)
$100--$5000
CASH PAID
FREE TOWING
SAME DAY PICKUP
267-229-1970

$$$ UP TO $1100.00 $$$
For Cars w/Bad Engines w/ or w/out title
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For Any Junk Cars or Trucks
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GUARANTEED • We will pick up.
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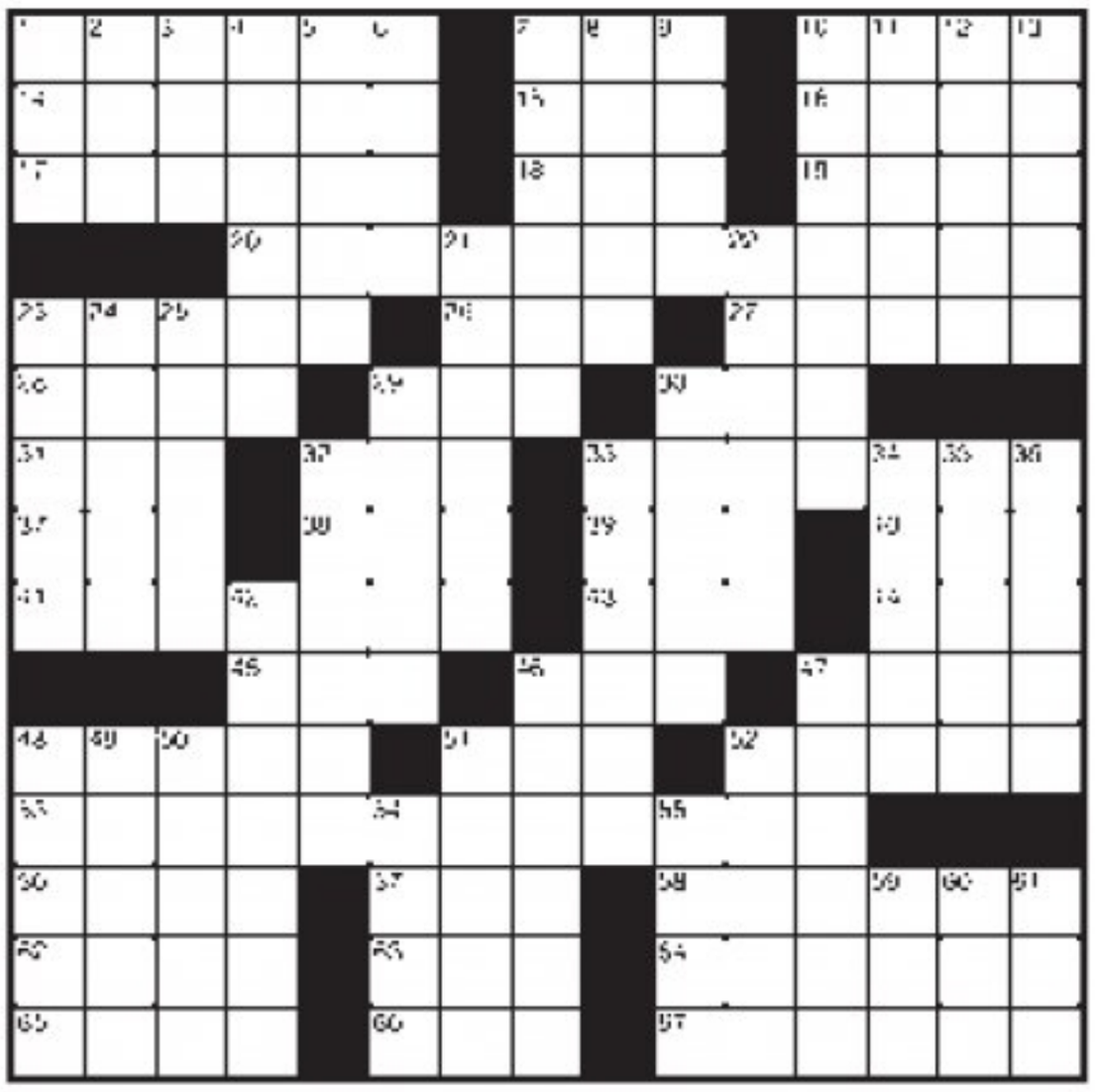
metro.us/crossword

Across
1 Made like a goose
7 Position
10 Invitation letters
14 Cling
15 Stretchy bandage
16 Vulcan's forge
17 Ms. Rubinstein
18 Fan's shout
19 Average guys
20 Kind of creel (2 wds.)
23 Violin holders
26 Lion's quarters
27 Type of spruce
28 Bahrain VIP
29 Strong soap
30 Insect resin
31 Chaney of cinema
32 CB radio knob
33 Malodorous one
37 Joule fraction
38 Hole puncher
39 Banking convenience
40 That woman
41 Bugs in a garage
43 Urban transport
44 Great Lakes cargo
45 Put out of sight
46 Hirt and Gore
47 Orient
48 Delhi attire
51 Dallas sch.
52 Driving hazard
53 Zinc, e.g. (2 wds.)
56 Estrada or Satie
57 Delivery truck
58 Eucalyptus munchers
62 Back the wrong horse
63 -- take forever!
64 List of typos
65 Basin companion
66 Guitarist -- Paul
67 Mississippi explorer (2 wds.)

Down
1 Derisive snort
2 Work by Keats
3 Red Wings org.
4 Zoo employee
5 Coastal fliers
6 Real bargain
7 Local booster
8 Globe feature
9 Burrito morsel
10 Be of good cheer
11 Dark ale
12 Sweater style (hyph.)
13 Harem head, once
21 Shipboard romances
22 Choir selections
23 "People" person
24 Love in a gondola
25 Char
29 Bellowed
30 Name in spreadsheets
32 Gladstone
33 Mush
34 Opted for
35 Cliffside refuge
36 Buy a round
42 More dense, as fog
46 Revises
47 Hitching posts?
48 Stone monument
49 Crossbow bolt
50 Elevate
51 Metamorphosed shale
52 Saw logs
54 Worse than bad
55 Just scraped by
59 -- Tzu
60 Legal rep
61 -- Paulo



metro.us/sudoku

easy

4			3	7				
9		6	2		1	7		
		8					3	2
2							5	
	7	4		6		8	2	
	8							4
6	9					5		
		5	8		4	1		7
				1	6			3

hard

		6	2				1	4
	9		1	3	4	7		
	3		6	1				7
8	5						9	3
7				5	9		2	
		9	5	7	3		4	
5	2				6	3		

metro.us/horoscopes

Aries Send out your resume and set up interviews or appointments that will help you advance. Expanding your interests will improve your marketability.

Taurus You'll leave a lasting impression on someone you work with if you share your thoughts and ideas. Your frank and practical approach to life will pay off.

Gemini You must keep secrets, or someone will reveal information about you. Focus on the positive changes you can make to bring you closer to a loved one.

Cancer Working toward a common goal with someone you enjoy being with will help ease a stressful situation. Don't give up on someone who has been unpredictable lately.

Leo Stay focused on the big picture. Don't allow emotionally fraught situations to interfere with your professional progress.

Virgo Assess your situation and make a move. Sitting idle will be costly. Make your intentions clear and start the process of following through on them.

Libra Take a closer look at your financial situation and go over your spending habits and overall budget. Be responsible for your health, wealth and emotional attitude.

Scorpio Someone you least expect will step up and help you get what you want. A partnership will give you strength and encourage you to follow your dream.

Sagittarius A situation involving your work or reputation will escalate rapidly if you don't address matters quickly, diplomatically and honestly.

Capricorn Convincing others to see things your way will be easy, but before you work your magic, make sure you can honor your promises.

Aquarius Openly address any of your financial concerns with whoever can assist you in reaching your goal. One of your ideas could turn into a profitable investment.

Pisces Make an emotional plea for advice and accept the constructive criticism offered in response. The tweaks you make will help you bypass a problem. EUGENIA LAST

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Addiction	*Depression*	*Low Back Pain*	*Schizophrenia*
Adolescent Depression	*Eczema*	*Kidney Disease*	*Suboxone Maintenance*
Alzheimer's Disease	*Healthy Adults*	*Liver Disease*	

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- **Compensation for time and travel expenses of between $300 and $5,600 may be available depending on the study**
- **Transportation may be available**

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